

JUNE

2021 Golden Years Café

Located at Northern Exposure Restaurant
4384 Deerskin Rd, Phelps, WI
Meals Sponsored by the ADRC of Vilas County

Monday	Tuesday	Wednesday	Friday
	1 Chicken Pot Pie over Biscuits Mixed Dark Greens Salad Tomato Fruit	2 Pork Roast Mashed Potatoes & Gravy Corn Whole Wheat Bread Fruit	4 Grilled Ham & Cheese on Whole Wheat Bread Baked French Fries Baked Beans Fruit
7 Chicken Alfredo over Pasta Mixed Dark Greens Salad Tomato Whole Wheat Bread Fruit	8 Hamburger Steak Baked French Fries Mixed Vegetables Whole Wheat Bread Fruit	9 Kielbasa with Sauerkraut Boiled Potatoes Whole Wheat Bread Fruit Ice Cream	11 Crunchy Fish Sticks American Fries Mixed Dark Greens Salad Tomato Fruit
14 Lasagna Mixed Dark Greens Salad Tomato Garlic Bread Fruit  Flag Day	15 Chicken Parmigiana with Tomato Sauce over Pasta Carrots Whole Wheat Bread Fruit	16 Salisbury Steak Mashed Potatoes Gravy Corn Whole Wheat Bread Fruit	18 Fish Sandwich on a Whole Wheat Bun Baked Potato Rounds Mixed Dark Greens Salad Tomato Fruit
21 Open Faced Chicken Breast Sandwich on Whole Wheat Bread Mashed Potatoes & Gravy Green Beans Fruit	22 Beef Pasty with Gravy Mixed Dark Greens Salad Tomato Fruit	23 Chicken Cordon Bleu over Rice & Gravy Mixed Vegetables Whole Wheat Bread Fruit	25 Broiled Fish Baked French Fries Baked Beans Whole Wheat Bread Fruit
28 Country Fried Steak Mashed Potatoes & Gravy Corn Whole Wheat Bread Fruit	29 Spaghetti with Meat Sauce Mixed Dark Greens Salad Tomato Garlic Bread Fruit	30 Cheddar Cheese Bacon Pork Patty on a Whole Wheat Bun Baked Beans Fruit Ice Cream	 HAPPY FATHER'S DAY

***Lighter substitute available in place of Main Entrée: Healthy Salad**

*All meals served with Fat-free Milk, Whole Grain Rolls/Bread with Margarine.

Meals served Monday, Tuesday, Wednesday & Friday at noon.

Reservations or Cancellations MUST be made 24 hours in advance.

Call **Judi Heikkinen at (715) 545-3697** to reserve or cancel a meal.